

# The Eight Precepts

## *Uposatha attha-sila*

These training rules are observed by laypeople during periods of intensive meditation practice and during *uposatha* (lunar observance) days. The Eight Precepts are based on the Five Precepts, with the third precept extended to prohibit all sexual activity and an additional three precepts that are especially supportive to meditation practice.

### The Eight Precepts:

1. *Pānātipātā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from destroying living creatures.

2. *Adinnādānā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from taking that which is not given.

3. *Abrahmacariyā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from sexual activity.

4. *Musāvādā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from incorrect speech.

5. *Surāmerayamajja pamādatthānā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from intoxicating drinks and drugs which lead to carelessness.

6. *Vikālabhojanā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from eating at the afternoon.

7. *Nacca-gīta-vādita-visukkadassana malā-gandha-vilepana-dhārana-mandana-vibhusanathānā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from dancing, singing, music, going to see entertainments, wearing garlands, using perfumes, and beautifying the body with cosmetics.

8. *Uccāsayana-mahāsayanā veramani sikkhāpadam samādiyāmi*

I undertake the precept to refrain from lying on a high or luxurious sleeping place.